



Strawberry Three Ways

4 individual molded frozen strawberry parfaits
1/2 cup Strawberry Compote
1/2 cup Strawberry Granita
8 vanilla Tuile Spirals
4 mint sprigs
1/4 cup Strawberry Coulis
As needed - Creme Anglaise
1 tbsp. mint Chiffonade, mint leaves, very thinly sliced crossways
As needed - confectioners sugar

Strawberry Parfait:

1/2 cup whipping cream
1 large egg yolk
4 tbsp. granulated sugar
1 large egg white
1 tbsp. strawberries, stemmed and pureed

Direction Strawberry Parfait:

Line a sheet pan with parchment paper. Set mixer with whip attachment. Place cream in a mixing bowl and set under mixer; beat at medium speed until cream forms soft peaks; reserve. Set mixer with clean whip. Combine the egg yolk and 3 tablespoons of sugar in mixing bowl and set under mixer; beat at high speed until pale and double in volume; reserve. Set mixer with clean whip. Place the egg whites in a mixing bowl and set under mixer; whip at high speed until they reach the stiff peak stage; add remaining sugar and whip for 1 minute more; reserve. Fold the whipped cream into the egg whites - do not over mix. Fold the strawberry puree into the egg whites - do not mix. Lay individual 2 1/2" x 1" high ring molds or four identical sized sections of ABS pipe on the reserved sheet pan. Set a piping bag with a large plain tip; fill each mold with the strawberry mousse. Pipe the mousse into the molds until full; smooth the tops with a flat spatula; cover with plastic and freeze for 4 hours. Yield - 4 Servings

Granita:

1/2 cup strawberries, stemmed and pureed
1/8 cup Granita syrup (see recipe below)
A dash of Meyer lemon juice

Directions for Granita:

Combine strawberry puree, syrup and Meyer lemon juice in a non-reactive bowl; stir well. Transfer to a small plastic container; cover and freeze for 4 hours. Once the Granita has set, break up with a fork. Cover and reserve in freezer. Yield - 1/2 Cup

Granita Syrup:

3 3/4 cups granulated sugar
2 2/3 cups water
1/2 cup glucose or light corn syrup

Directions for Granita Syrup:

Combine sugar, water and glucose in a small saucepan. Set pan over medium heat; as needed, bring to a boil. Boil exactly 3 minutes - skimming of any impurities that rise to surface. Immediately remove from stove and strain into clean container. Cover and chill. Yield - 1 1/2 Quarts use as needed



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Strawberry Compote:

1/2 cup strawberries stemmed and cut lengthwise in segments.
1 tbsp. granulated sugar
1/4 tsp. Meyer lemon juice
1/4 tsp. Tahitian vanilla

Directions Strawberry Compote:

Place 2 tablespoons of strawberries in a medium bowl. Add the sugar and mash the mixture until smooth. Add remaining strawberries, lemon juice and vanilla; stir to combine. Cover and let them macerate for several hours to marry flavors before using.

Yield 1/2 Cup

Creme Anglaise:

4 large egg yolks
2 oz. granulated sugar
1 cup heavy cream
1/2 - Tahitian vanilla bean, split

Directions for Creme Anglaise:

Set mixer with whip attachment. Place eggs and sugar in a mixing bowl and set under mixer, beat at medium speed until light and fluffy. Place cream and vanilla bean in saucepan over medium heat; bring to scalding point. With mixer set on low, slowly pour the cream into the yolk mixture. Place the mixing bowl over simmering water; heat the Creme Anglaise slowly, stirring constantly - do not over heat or sauce will break down. When Creme Anglaise is thick enough to coat the back of a spoon, remove from heat and return to mixer. With mixer set on low, gently beat Creme Anglaise until cool. Transfer Creme Anglaise to a clean container; cover surface with plastic wrap; refrigerate until needed. When using, Creme Anglaise can be thinned to desired consistency with the addition of a little heavy cream.

Yield 1 1/2 Cups

Vanilla Tuile Spirals:

2 oz. unsalted butter, softened
2 oz. confectioners sugar
1/4 cup egg whites, room temperature
1/8 tsp. Tahitian vanilla
2 oz. cake flour, sifted

Directions for Vanilla Tuile Spirals:

Heat oven to 325 degrees. Line a sheet pan with parchment paper and spray with non-stick spray. Set mixer with whip attachment. Combine butter and powdered sugar in a mixing bowl; set bowl under mixer; beat at low speed until creamy. Add the egg whites slowly; mix until smooth. Add the vanilla; mix briefly. Add the cake flour and mix until smooth - do not over mix. Transfer batter to a piping bag set with a small round tip. Pipe thin 8" stripes of batter onto the prepared sheet pan - make more than you need as some will break in the spiral process. Place pan in oven and bake stripes until light golden brown - about 6 minutes. Remove pan from oven. Immediately wrap each stripe around whisk handles 1" diameter wooden towels, forming a loose spiral; hold until set - about 30 seconds. Remove spirals from handles and reserve on the tray lined with parchment. Yield 12 - 14 Tuile spirals

Directions

Remove the frozen strawberry parfait molds from freezer. Warm the side of each with a hot towel until just loose; place each on to a chilled dinner plate and remove mold; spoon 3 plies of California strawberry compote around each parfait. Scoop 4 balls of strawberry Granita and place on each strawberry parfait; dot plate with strawberry puree and Creme Anglaise, sprinkle strawberry compote with mint Chiffonade; dust plate edges with confectioner's sugar and garnish Granita with sprig of mint and Vanilla Tuile spirals, serve immediately. Yield 4 servings

